

# Recognizing, Redefining & Restoring: Addressing Quality of Life During Role Transition

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**PICO:** What interventions within the scope of occupational therapy improve quality of life in adults after loss or change in a meaningful family role?

## Methods:

- **Databases:** PubMed, CINAHL, American Psychological Association
- **Search terms:**
  - **P<sup>1</sup>:** Adults, Middle-Aged, “Sandwich Generation”,
  - **P<sup>2</sup>:** Role, Family Role, Widowhood, Widows, Widower, Parenting, Fathers, Mothers, Caregivers, Caregiver Burden, Caregiver Burnout,
  - **P<sup>3</sup>:** Life Change Events, Bereavement, Grief, Loss, Psychological Adaptation, Adaptation, Transition,
  - **I:** Occupational Therapy, Occupational Therapists, Rehabilitation, Allied Health Occupations, Occupations, Yoga, Lifestyle Redesign, Mindfulness,
  - **O:** Quality of Life Satisfaction, Personal Satisfaction, Family Satisfaction, Participation, Social Participation, Community Participation, Family Participation.
- **Process:** database search, article screening process, critical review of the literature, peer-review, assign levels of evidence, thematic coding
- **Number of Articles:** Initial Search= 2,196; After title, abstract, and full-text screen= **15 articles**

## Results:

Themes	Strength of Evidence	Articles	Clinical Implications
<b>Group Interventions</b> n=9	Strong	Bui et al., 2018; Dowling et al., 2014; Dyck et al., 2021; Hou et al., 2014; Hudson et al., 2020; Mahdavi et al., 2017; Milbury et al., 2018; Mores et al., 2018; Xiu et al., 2020	Interventions completed <i>within groups</i> to incorporate <b>social participation</b> promoted better outcomes for <i>decreased caregiver distress</i> .
<b>Self Management</b> n=11	Strong	Bui et al., 2018; Dowling et al., 2014; Dyck et al., 2021; Han & Radel, 2016; Hudson et al., 2020; Leven et al., 2018; Mahdavi et al., 2017; Mei et. al., 2018; Mores et al., 2018; Niemeier et al., 2019; Rassmusen et al., 2021	Interventions that focused on caregivers individually with components of <i>mindfulness</i> <b>increased caregiver awareness</b> of role value and management of caregiver burden.
<b>Active Participation</b> n=9	Strong	Dowling et al., 2014; Hou et al., 2014; Hudson et al., 2020; Mahdavi et al., 2017; Mei et. al., 2018; Milbury et al., 2018; Leven et al., 2018; Oshio & Kan, 2016; Xiu et al., 2020	Caregivers actively participating in interventions encourages caregivers to care for <b>their needs</b> as well as their loved ones, increasing caregivers’ <b>role perception</b> and <b>quality of life</b> .

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